

MAY 2019

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REVIEW

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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Cover Photo by Peter Damen

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the the Riverbend Community Association (RCA) and/or Residents' Association. The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and RCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services



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Monday- Friday 10am-2pm

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MESSAGE FROM RCA

Another busy month at the RCA!

Our HVAC project is well underway. Furnaces and rooftop cooling units and condensers were replaced last month. Replacement of the patio slab and railing, building perimeter sidewalks, some curbs, as well as asphalt repairs at the parking lot will carry through into May. We will continue to try to keep the disruptions during construction to the minimum. Riverbend School parents who live locally may wish to bike or walk to school as there will be some reduced access to the Community Centre parking. Follow us on Facebook @riverbendyc to see regular project updates and restrictions.

Please read the recap of the last **Community Meeting** (Tuesday April 2nd) on page 8 or on our website: www.riverbendcommunity.ca/events/community-meetings Join us on Tuesday June 4th (6:45-8:30pm) for the **Annual General Meeting**. Updates from Community Playgrounds Taskforce and other community issues. RCA members will be able to vote for the RCA directors as well as review and approve audited financial statements. Snacks and activities for children will be available.

The Board has made a decision not to proceed with the **Stampede Breakfast** for this year. It was a wonderful event, attracting people from all over the city, however, it had grown too large for RCA. We are refocusing our efforts on Riverbend, addressing the business needs of RCA and fulfilling the mission of our Association. We are looking to fill our calendar with a number of events, programs, and activities to serve the Riverbend Community!

On Saturday June 8th, we will have **Spring Parade of Garage Sales**. Register early to ensure your location is added to the map. Maps will be available for pick up at the community centre. Check our website for details.

The **Learn to Knit** program was very successful and we decided to offer **Intermediate Knitting** class in the spring. We are planning to offer further programs in the fall. There has been a huge interest in the **Nordic Pole Walking** program - the registration was maxed out.

We are also very excited to offer a large variety of summer programs and activities: several summer camps as well as **Kids Summer Soccer League**. See complete RCA programs listing on page 22 and stay tuned for more programs and more information to come in the **June** issue!

We would not be able to do anything without our wonderful dedicated volunteers! We welcomed a **new director to the Board**- Mike Hall. Mike will be Director of Operations and will lend his expertise to supporting facility operations projects and bringing efficiencies to the community centre operations.

Volunteers are at the core of Riverbend Community Association. You could say they are wheels that keep the RCA rolling. In April we celebrated National Volunteer Week. Check out the profiles of our featured volunteers on page 18.

There are so many benefits of volunteering:

- Gain new skills - RCA volunteers are eligible to attend several workshops and training sessions offered by the Federation of Calgary Communities for free
- Expand your personal and professional network
- Use skills and gain knowledge related to your career or interests
- Become a more valuable asset to your current and future employers
- Get to know your neighbours & make new friends!

RCA President, Christina Matisons says becoming a volunteer was a great decision for not only herself, but her family too. "It's wonderful to be able to volunteer close to home, to be making friends in my community and for my kids to connect with my volunteer work and understand what I do and why. They come to community meetings, hear me speak and even help pack up at the end!"

See details of how you can become involved on Page 16-17.

Have a wonderful month!

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Community Meeting Recap

Thank you everyone for attending the Community Meeting that was held on April 2nd! We had over 40 attendees which was a fantastic turnout. The meeting was focused on updates about our community.

Guests: CPS, City, Ward 12, Tanya Fir - UPC candidate for Calgary-Peigan, Cathie Williams -Catholic School board trustee, Celina Greer -Riverbend School council co-chair

President - Christina Matisons introduced guests and volunteers. Treasurer - Walter Janzen presented the financial report.

There was a question from the attendees about the chain link fence that was built on 18th Street by the Glenmore interchange. The fence was built by the City Transit Department as part of the BRT project to prevent jaywalking. Riverbend has advocated for the removal of the previous chain link fence that became an eyesore due to extensive amounts of garbage getting caught. There has been no consultation with the community about the need for the fence. Request was submitted to Ward 12 office to follow up on this situation. We will share the details as they become available.

President introduced stations with info boards about: community playgrounds, traffic updates, safety & crime prevention, community programs and events as well as volunteer opportunities. She encouraged participants to grab food and drinks and mingle around the room and chat with volunteers about topics of interest.

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Annual General Meeting



Riverbend Community Centre
Tuesday, June 4th 6:45 pm-8:30 pm



- Everyone welcome!
- RCA members can vote
- Snacks provided
- Activities for kids

Attention Lifetime Members

of the Riverbend Community Association!

In the past couple of months, volunteers with the RCA have been trying to reach out to residents within Riverbend who have purchased a Lifetime Membership. There are over 250 Lifetime Members, many of whom purchased a Lifetime Membership back in the early 1990s! We don't know if many of those members are still in Riverbend!

We recently did a call out to Lifetime members in our database who had a valid and up-to-date phone number and no email address, seeking current information. We also sent out a letter to any addresses linked to a Lifetime Membership that didn't have a valid phone number. If you didn't hear from us, or have yet to get back to us, we want to hear from you!

Please email us at memberadmin@riverbendcommunity.ca or fill out the form below and drop it off at the Community Centre at 19 Rivervalley Drive with the following information:

Name: _____

Address: _____

Phone number: _____

Names of other people in the household: _____

Email Address: _____

If we do not hear from you by May 30, we will consider you no longer a resident of Riverbend and will note your membership status as inactive. You will lose your voting rights and will not be able to vote in the upcoming AGM.

Thank you for helping us keep our membership directory up-to-date so that we can best serve the residents of this community!

RIVERBEND FYI

The RCA is a volunteer-based, non-profit organization. Our vision is to create a vibrant, active community and to encourage participation and a spirit of belonging.

Riverbend Community Association (RCA) provides the following programs and services to the residents of Riverbend:

- Maintenance of the community hall and outdoor skating rink
- Organizing community events that bring people together to meet one another and celebrate community successes
- Recreation programs and activities
- Organized sports programs
- Input into planning, development and environmental issues that affect the community such as building development, zoning, parks development and roadway.
- Produces monthly community newsletter – Riverbend Review

RCA is governed by the Board of Directors, which consists exclusively of Riverbend residents, is elected annually at the Annual General Meeting in June. The Board of Directors meet on the second Tuesday of each month

Riverbend Community Association was founded on **May 4, 1987** and celebrated its **30th Anniversary in 2017**.

What Are The Benefits Of RCA Membership?

By becoming an RCA member:

- You increase your social network
- You get the opportunity to get to know your neighbours, participate in community gatherings and build relationships
- Your membership fee supports many programs and events that RCA offers to Riverbend residents and RCA members

The Goose Predicament

Did you know? In Canada, it's a federal crime to disturb an active Canada Goose nest.



About Riverbend Community Association and the services and benefits it offers:



RCA MEMBERSHIP FORM

Memberships are valid from September 1 to August 31 and expire yearly.

- You get to enjoy several recreational programs and activities right in your neighbourhood
- You can engage with endless opportunities RCA brings forward right in your backyard
- You are entitled to vote at the RCA Annual General Meeting
- You are able to join RCA Board of Directors
- You can benefit from several discount offers:
 - 15% off of **Riverbend Hall** rentals
 - 10% off at **Original Joe's restaurant in Quarry Park** (some conditions apply)
 - 25% off any 6 month, 1 or 2 year contract at **Athletic Innovations**
 - One FREE DUMPING, ONCE A MONTH at **Ecco Recycling** landfill
 - 25% off burglary, smoke, panic and medical alarm monitoring fees with **Stealth Alarms**

How do I purchase RCA Membership?

- Online: best option is to purchase your membership via our website riverbendcommunity.ca. We just launched a new online portal!
- For those without computer access membership can be still purchased:
- **In person:** at the Riverbend Community Hall or at Trico Centre
 - **Via mail:** cut out and complete the Membership form from Riverbend Review. Mail to Riverbend Community Association: 19 Rivervalley Drive SE, Calgary AB T2C 3S1

Please note that the overhead costs of processing membership applications NOT submitted online are high, therefore we strongly encourage everyone to utilize our online portal

First Name: _____

Last Name: _____

Email: _____

Spouse/ Partner Name: _____

Address: _____

Postal Code: _____

Phone Number: _____

Number of Children: _____



Ages of Children: _____

Please let us know what communications you would like to receive from Riverbend Community Association!

- Volunteer Opportunities
- Special Events & Community Surveys (as occurring)
- General Riverbend Community Communications (monthly)

Membership cost:

- \$25 +GST (\$26.25) - Individual/ Family or Associate
- \$15 +GST (\$15.75) - Seniors Household
- \$7.50 + GST (\$7.88) - Seniors Individual



Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.

ROAR! Day Camp July 15-19, 2019 This action-packed week of African adventure engages the whole herd. At Roar, kids explore God's goodness and celebrate a ferocious faith that powers them through this wild life. We are so excited for this year's Day Camp and hope you'll be able to join us. Roar Day Camp is half days – \$25.00 per child for kids entering Grades 1 to 7 in September 2019. The program runs daily from 9:00 am to noon, with drop-off beginning at 8:30 am and pick up until 12:30 pm. Registration is open now. Please visit calvarychapel.ca for more details. We are Located at **8241-31 Street S.E.**

THE BEST WEEK OF THE SUMMER!





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"But they handled all the finances"
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KIDS SUMMER SOCCER

WHAT: Recreational, fun kids (K-6) summer soccer program
WHEN: One game per week on Wednesdays 6:30-7:30PM.
July 3-Aug 28
WHERE: Riverbend Elementary School

ONLINE REGISTRATION MAY 15-JUNE 21

Details at riverbendcommunity.ca



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- Round or rectangular tables, upholstered chairs
- Large, fully equipped kitchen on main level; separate kitchen on lower level
- Located minutes from downtown, large parking lot, adjacent to green space
- Close to Carburn Park (perfect spot for wedding photos)
- Recommended caterers and event planners familiar with our facility



www.riverbendcommunity.ca/facility-rentals info@riverbendcommunity.ca



Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

BRAIN GAMES SUDOKU

	1		2					
3		6				2		
4					8	5	6	7
8				7	9	1	2	
		2				3		
	7	1	3	6				9
9	8	7	4					1
		3				7		2
					7		3	

FIND SOLUTION ON PAGE 34

The Unimposing House Finch

by J.G. Turner



The House Finch (*Haemorhous mexicanus*), a *passerine* (a song bird), is found year-round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

It is a medium-sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wingbeats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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“ Cat got your tongue? ”

Meaning: A question posed when someone is silent in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o-nine tails, or the fable that ancient kings would cut off the tongues of liars and fed them to their cats. None of these theories are substantiated, however.



South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health & wellness programs (mostly free!). See our Spring/Summer Program Guide for a full list of programs, descriptions and registration information at <http://www.ahs.ca/shcwellness> or call 403-956-3939.

FEATURED PROGRAMS

Living Well on Prednisone May 14 10:00am-12:00pm
Do you take corticosteroids (Prednisone) and find it challenging to manage side effects such as increased appetite and weight gain? Do you want to take extra steps to help protect your bones? Learn about how corticosteroids affect your body and how your diet can help manage some of the side effects.

Talking with Your Family About Cancer May 29 6:00-7:30pm

1 in 2 Albertans will have cancer in their lifetime. Knowing how to have meaningful conversations with your family members about cancer and your treatments may be challenging. This presentation will provide tips for talking with children, teens and adults while exploring the 5 – W’s to help you begin.

Mind Fit! May 31 10:00-11:30am

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative presentation called Mind Fit where you will learn about proactive ways to enhance cognitive functioning. This presentation includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!

Parkinson’s Speech and Swallowing Disorders June 3 10:00am-12:00pm

For people diagnosed with Parkinson’s and their families to learn about: How speech and swallowing can be impacted by Parkinson’s Disease, what normal speech and swallowing look like and how things change, and when to see a speech –language pathologist to help diagnose and treat problems when they arise.



Woodman School is a SE/SW, triple track middle school in the Calgary Board of Education. Boasting a community-centered English program in Gr. 7-9, we also offer a rigorous continuing French Immersion track for Gr. 5-9 and Late French Immersion track beginning in Gr. 7. Language learning at any time in life improves cognition, social skills and risk-taking. Embracing the challenge of a new language in Gr. 7 provides a strong academic trajectory for adolescent learners and sets them up for future success as they become proficient in Canada’s two official languages. Registration for Gr. 7 Late French Immersion is ongoing, in preparation for the 2019-2020 school year.

Learn more about our wide range of Career Technology Foundation classes, athletic teams and exciting off-campus excursions by contacting the main office

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to book a school tour.

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- Meet new people and make new friends?
- Show love and get engaged with your community?
- Raise awareness about important community issues?

DIRECTOR OF COMMUNITY PROGRAMS & EVENTS

- Managing the annual events and programs calendar
- Seeking out new program/event offerings for RCA
- Setting up Program/Event registration using online platforms and databases
- Recruiting Event leads
- Liaising with RCA sports leagues
- Helping to coordinate Community Meetings
- **HELPFUL SKILLS:** Event Management, Project Management, Databases

DIRECTOR OF VOLUNTEER RESOURCES

- Responding to volunteer Expressions of Interest via email & phone
- Promoting volunteerism at Community Meeting & Events
- Coordinating Volunteer Lists for Events
- Developing volunteer recognition strategy
- Maintaining volunteer database
- **HELPFUL SKILLS:** Human Resources, Customer Service, MS Excel

DIRECTOR OF COMMUNITY ADVOCACY

- Liaising with Ward 12 Office, City of Calgary representatives and Calgary Police regarding safety, planning, traffic etc.
- Supporting development of content for Riverbend Review Newsletter on safety, planning, traffic etc.
- Monitoring and replying to Facebook posts on safety, planning, traffic comments related to Riverbend
- **HELPFUL SKILLS:** Networking, Customer Service, Social Media

MEMBERSHIPS ASSISTANT

- Signing up new Members at Community Meetings and Events
- Assisting with annual membership awareness drive
- Maintaining an accurate and up-to-date membership database
- Working with our memberships database to generate membership lists as required
- Supporting residents with any issues using the online platform
- **HELPFUL SKILLS:** Customer Service, MS Excel, Databases

COMMUNICATIONS ASSISTANT

- Prepare and implement regular content on RCA Facebook page (and possibly other social media platforms)
- Prepare live posts during community events
- Assist in maintaining RCA website content
- Assist in developing and editing content for electronic email newsletter Riverbend Updates (using mailchimp platform)
- Update databases and lists as required
- Participate in communications team meetings as required
- Participate in community events as required
- **HELPFUL SKILLS:** Social Media, digital marketing

ONGOING POSITIONS (2-3 HOURS/ WEEK)

OPPORTUNITIES

Meeting Refreshment Coordinator -Person/pair to purchase food and beverage for meetings (reimbursed), set up food and beverage table before meetings and tidy up after meetings

Child-Minding Assistant -Person/pair to support keeping children engaged in kids activities during meetings (in the same room as parents) to help keep kids from getting too rowdy so their parents and guests can participate

Event Leads: Children's Christmas Party, Community Clean Up Day

Event Support: Riverbend Craft Fair, Children's Christmas Party, Community Clean Up Day

BENEFITS OF VOLUNTEERING:

- Get to know your neighbours, meet new friends
- Inexpensive way to learn new things
- Expand your network
- Expand your knowledge related to your career or interests
- Personal and professional growth
- Become a more valuable asset to your current and future employers

SIGN UP TO VOLUNTEER ONLINE

www.riverbendcommunity.ca



SHORT-TERM ROLES

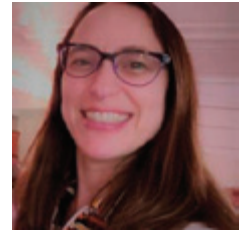
THANK YOU VOLUNTEERS



Most locals know of **Olga** through her online presence and keen desire to make sure Riverbend residents are aware of what's going on in our community through the RCA Facebook page. What they might not know is that Olga has grown the RCA Facebook page to a whopping 1000 followers in just over a year. She was also recently recognized as one of Calgary's 2019 Faces of the Community. With her strong project management background, Olga is integral in the development and implementation of the RCA strategic plan to ensure the growth and sustainability of our community association. Olga is our volunteer VP Communications and also works full time and has 3 young children.



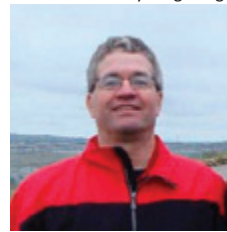
Walter first started volunteering in Riverbend in the '90s and has been on the Board since 2014. Over that time, Walter has supported his community in many ways including flipping pancakes, handing out free plants, helping with audio and music, leading the rink flooding team and serving as a dedicated Treasurer for Riverbend Community Association. Walter supports the Board to understand RCA's financial position and is bringing efficiencies to RCA through online banking and financial processes. As our longest-serving Board member and active volunteer, Walter also has a strong knowledge of RCA's history, which is extremely valuable to support the team! Walter works full-time and has 4 grown children.



Christina has been contributing countless volunteer hours for our community for a very long time. She used to run a Teen Club at the community centre in the early 1990s. Christina has joined the board in 2018 and worked relentlessly as a VP Administration until she was elected the new President. Christina is also involved with Riverbend School Council and School Playground Committee. Christina has implemented new online platforms to streamline many processes, contributed her expertise to modernize many policies and spent hours on engaging with people in our community. We are very grateful to have innovative, creative, kindhearted leader who also is an MBA HR professional with strong business acumen. Christina works full time and has two young daughters.



Celina is co-chair of the Riverbend School Council and lead of the Riverbend School Playgrounds Committee. If you haven't heard yet, the Riverbend School Playground will be removed as early as Spring of 2020. Playgrounds aren't covered by school funding so it's up to the parent council and dedicated volunteers to fundraise for a new playground. Celina has been instrumental in sourcing quotes, meeting with funding bodies and applying for grants. Her efforts are already bearing fruit as Riverbend got selected as one of the finalists for the Energizing Spaces award. Celina maintains school council website www.riverbendraccoons.ca and Facebook page Riverbend School Council while working full time and raising a young family -she has a son and a daughter.



Doug has been in our community a long time with his children having attended Riverbend School in its early years. Doug is an avid Casino volunteer, prepared to do double shifts, and willing to take on any role needed. Last year Doug volunteered for both our Riverbend Community Casino and the Riverbend School Casino. He's also lent support to our partners in other communities including Bridgeland, Douglas Quarry, Killarney/Glengarry and the Federation of Calgary Communities. If you've ever worked or organized a casino before, you know what a great help this is! Casino shifts are long and the shift times are highly inconvenient, often requiring a loss of sleep, missed work or interrupted sleep patterns. For people who work full-time, or have young children at home, it's often hard to commit to casino volunteerism, so when you find a guy like Doug, you hold onto him!

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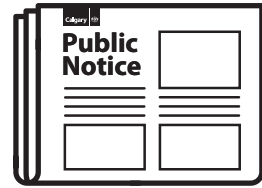
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Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



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Senior's Club

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- MEET OTHER SENIORS IN THE AREA
- DON'T SIT HOME AND BE ALONE

Riverbend Community Centre |
every **WEDNESDAY 1 PM to 4 PM**
DROP IN- no registration required



RIVERBEND COMMUNITY ASSOCIATION PROGRAMS



FITNESS PROGRAMS

NEW SESSION: Core de Force Fitness - a total body workout inspired by MMA style training. Non-contact, HIIT intervals using skill based cardio training. Musically driven but doesn't move to the beat. It's great for all Fitness Levels. Spring 6-week sessions: Wednesdays, April 24 - June 5 (no class May 15) - 7:45-8:30 pm. Drop-ins welcome! Cost: \$72 per entire session or \$15 per drop in class. To register contact: Tara Hanson (403) 807-1117 or tara.hanson11@outlook.com.

NEW SESSION: PiYo Live - a high intensity low impact workout that simply uses your own body to create strong muscles and core. No weights involved. You will require a yoga mat, water and a small hand towel. Spring 6-week sessions: Wednesdays, May 15 - Jun 19 - 10-11 am **OR** April 24 - June 5 - 6:30-7:30 pm. Drop-ins welcome! Cost: \$72 per entire session or \$15 per drop in class. To register contact: Tara Hanson (403) 807-1117 or tara.hanson11@outlook.com.

NEW SESSION: Zumba - Join us this fall with a dance workout every week! ZUMBA is a cardio mix of salsa, hip-hop, and other International/Latin rhythms to international music. The use of light hand weights paired with 'Zumba Toning' choreography is dedicated to a portion of the class. Monday evenings from 8:15 to 9:15 pm; Spring session: April 1 -June 15 (no class Easter Monday April 22 or Victoria Day May 10) Cost \$125 for RCA Members / \$145 for non-members. Drop-ins welcome at \$15 per class. Register online at www.riverbendcommunity.ca

FOR KIDS AND YOUTH

ACKU - The All Canadian Karate Union offers traditional Japanese Shotokan style karate for individuals and families. Karate CHOP Kids, Ages 4-6: Mondays: 6:30 to 7:00 pm; Karate Classes, Ages 7+: Mondays: 7:00 pm to 8:00 pm (September to June) Contact: www.acku.org or 403-232-0228 for more information.

Girl Guides of Canada - Girl Guides of Canada is the largest organization for girls and women in Canada.

Guiding today is a product of 100 years of history. It's fun, active and relevant to the girls and women of today. Meetings: every Wednesday at 7pm, September to June: Sparks (ages: 5-6) Elbow River Room; Brownies (ages: 7-8) Bow River Room; Guides (ages: 9-11) Carburn Park Room; Pathfinders (ages: 12-14) Heritage Room. Contact gginfo@calgarygirlguides.com or www.girlguides.ca for more information. Fall registration is starting on June 1st.

Little Steps Before & After School Care offers out-of-school care for children ages 5 to 12 years attending Riverbend Elementary School and Holy Angels. Open Monday to Friday, 7 am to 6 pm, September to June; Closed all statutory holidays, Open all PD days. Contact: littlestepsbac@telus.net; (403) 554-3605 or www.littlestepsbac.net for more information.

Little Steps Preschool offers preschool programs for children ages 2.5 to 5 years. Contact: littlestepspreschool@telus.net; (403) 554-3605 or www.littlestepspreschool.net for more information.

FOR SENIORS

Riverbend Community Association Seniors Club - Come join our group and get to know other seniors in the area. Card games, coffee time and pool table games in the Heritage Room, downstairs, every Wednesday from 1:00 pm to 4:00 pm. DON'T SIT HOME AND BE ALONE! Contact info@riverbendcommunity.ca for more information.

OTHER PROGRAMS

Calgary Heritage Lions Club - Lions Club Members are men and women who strive to make a difference in their local community as well as in communities worldwide. Their volunteer efforts go beyond the support of vision care, to addressing unmet health and education needs worldwide. We meet at the Riverbend Community Hall the 2nd and 4th Monday of each month at 7 PM. Contact Bill at zwsone@gmail.com for more information.

Calgary Professional Videographers Association (CPVA) is a group dedicated to sharing insights into the business of video production, knowledge of the industry, and tips and tricks of the trade while promoting a spirit of collaboration. Join industry professionals with experience in corporate, broadcast, film and private video production to learn, share and network. Test out some of the latest video equipment from sponsors; learn from business and industry experts and share experiences that will help grow your success. Membership is open to all levels of experience and guests are welcome. Meeting on the first Tuesday of every month at 7:30 pm (September through June). Find out more at www.calgaryprofessionalvideographers.com.

Church of Christ - Join us at the Community Centre with services on Thursdays at 6:30 pm, and Sundays at 1:30 pm. For more information contact: Fely at 403 708 7735.

Grand Orange Lodge – The Loyal Orange Association in Canada is a Fraternal group that provides a democratic forum of action for like-minded Protestant men and women who, concerned about their Faith and Heritage, wish to preserve, maintain, and promote this great institution and principles of democracy upon which all Canadians may enjoy equal rights under the law. Meetings every last Tuesday of the month at 6:30 pm. Contact: Richard Heatherington at heatherington2980@hotmail.com.

Mission Hill Church – Mission Hill began meeting at the Riverbend Community Centre in November 2015. Mission Hill Church desires to build a gospel-centered community that shines a spotlight on Jesus. Contact 403-836-0884 for more information. Service every Sunday at 10 am. Dress casual and feel free to bring a coffee or fill up with the complimentary coffee brewed that morning. We enjoy having our families together for the first 15 minutes of the service before we dismiss our children (ages 3-10) to enjoy the kid's ministry. We aim to dismiss by 11:05 am, and you're always welcome to stay back and visit. Contact: Aaron Weiss, Pastor - 403-836-0884; aaron@missionhillchurch.ca or on the website: www.missionhillchurch.ca.

Rivertown Criers Toastmasters Club – Toastmasters International is a world leader in communication and leadership development. Our organization has more

than 345,000 memberships. From prepared speeches to impromptu speaking, Rivertown Criers helps members to develop and grow in a friendly and supportive environment. Meetings: 1st and 3rd Monday of the month 7 pm-9 pm. More information at 6250.toastmastersclubs.org/.

SUMMER PROGRAMMING

Stay tuned for more programs and more information to come in the **June** issue!

SUMMER CAMPS

CYPT - Calgary Young People's Theatre Six different camps to choose from for a variety of ages running Aug. 6-30. For more info and to register visit, cypt.ca/camps/south-camps/ Discount code is available for RCA members. Inquire at info@riverbendcommunity.ca

Half day camps for ages 4-6. Monday to Friday from 9 am - 12 pm. Each week culminates in a fun performance for parents and friends. Aug. 12-16, Aug. 19-23, and Aug. 26-30. Cost \$150.

Full-day camps for ages 6-12, no experience necessary. Mornings are spent learning various skills and afternoons are spent working with a CYPT professional to create their own play. Aug. 6-9 (\$200), Aug. 12-16, Aug. 19-23, Aug. 26-30 from 9 am - 4 pm. \$250

Two-week camp for ages 10-17. Aug 6-16 and Aug. 19-30. 9 am - 4 pm. No experience necessary, but older kids who've developed a taste for the dramatic will find this camp the perfect next step. Over two weeks, build a longer play in the afternoons and experience a broad range of morning drama fun! Final performance is on the second Thursday of each camp. \$450

Teen Conservatory Camps for ages 12-17. Dig in and explore a side of Drama that most interests you. Teen Stage Makeup and Stage Combat Runs from 9 am - 4 pm daily.

Teen Improv, one of the most fast-paced and hands-on camps offered. Culminates in a Friday performance at the end of the week. Runs Aug. 6-9, \$225

Stage Makeup Learn how to make realistic-looking wounds, how to be the scariest monster on the block
~cont'd next page~



RCA PROGRAMS CONT'D

or how to magically become the most elegant woodland sprite! Cost of enrollment includes supplies. 12-16, \$300

Role 4 Initiative Summer Camp

Role 4 Initiative Camp is a Dungeon & Dragons themed week-long, full day camp for ages 12 – 17 at the Riverbend Community Association. Dungeons & Dragons is a tabletop game that inspires imaginative play, teamwork, reading, mental math and leadership skills. Participants will learn how to play the popular tabletop game, in an original story, designed to teach youth how to play and create tabletop adventure games. Led by two career teachers, with over 20 years teaching experience and gaming experience, campers will also get to learn about game and prop design, narrative writing, live action role play, and much more. Sign up now for early bird pricing and bundle discounts. Cost is \$225 for early birds, \$250 afterwards. Special pricing for RCA members. Monday, July 15 to Friday, July 19 and/or Monday, July 22 to Friday, July 26 from 9 am - 3:30 pm. Contact R4Intfoundation@gmail.com for more information. Registration: online at www.riverbendcommunity.ca; wait-list available

Ball Hockey Summer Camp

Youth Unlimited Calgary invites any grade 3- 9 student to spend a week of your summer with us at Connect Ball Hockey Camp 2019. Come join us for some great fun, building new friendships, discovering your abilities and character, while discovering how special you are to God and others. Some of the hockey skills will be developed through skills, drills, and games. Everything that has been learned during the week will be put to test on the final day in a ball hockey tournament. Connect Ball Hockey Camp will be held in the arena at Riverbend Community Centre July 1-5 from 10 am - 12:30 pm. To register email bernie.adam@yfccanada.org or call/text Bernie at 403 620-6038. Cost is \$40 per person or \$50 per family. Sponsorships are available to any family who is in need.

Mission Hill Church Summer Day Camp

Summer Day Camp for kids going into Kindergarten to Grade 6. Held at the Riverbend Community Centre. Monday to Friday, July 22-26, 9 am - 12 pm. \$40 per child for the week. Online registration is available at www.missionhillchurch.ca

SPORTS LEAGUES

NEW Kids Summer Soccer League - recreational fun kids (K-6) summer soccer program. One game per week on Wednesdays 6:30-7:30 pm, July 3-Aug 28 at Riverbend Elementary School. Cost is \$15 per child with valid RCA Membership. For more details and to register online visit www.riverbendcommunity.ca

Slopitch League -mixed slow pitch, non-contact (no sliding into bases and home plate is a mat), fun league (we do not track wins or losses for teams). Teams play 6 males and 4 females; everyone bats. One game per week from June to mid-September (Sundays in June; weekday in July and Aug). Location: Holy Angel School diamond. Cost: \$1,000 per team with valid RCA Membership. For more details and to register online visit www.riverbendcommunity.ca

Volleyball League - easy going league which includes various skill levels. All ages are welcome! Most Tuesday nights 8:00-9:30 pm September through April at Holy Angels School. Cost: \$150 per year with valid RCA Membership. Year-end wind up event is included. For more details and to register online visit www.riverbendcommunity.ca. Registration will be ongoing until July 31.

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Riverbend School

Thank you to those who supported our bottle drop off fundraiser in March.

You can support Riverbend School anytime at the Marklan Bottle Depot by the Glenmore Inn or the Deerfoot Bottle Depot in Douglasdale.

Just let them know you would like to donate your proceeds to Riverbend School. If you would like someone to pick up your refundable items, please email info@riverbendraccoons.ca

We also have an ongoing Online Fundraiser. You can purchase e-gift cards for Indigo with 15% benefiting Riverbend students. There are many other options as well. Please see our website for details: www.riverbendraccoons.ca

Why do we raise funds? We are supporting Riverbend students by funding learning initiatives, technology like smart boards and chromebooks, subsidizing field trips and swim bus costs, funding art supplies, social events, grade team spending, visual journals and the replacement of the original school playground.

Playground Update

The Riverbend Elementary school playground has reached the end of its life and will be removed in 2020. All funds to replace the playground must be raised by the community, in the form of donations, fundraisers and grants.

This playground is an important part of the community, as it serves as an anchor for the school, community centre and Little Steps Preschool and Before & After care.

A working group of community members has come together to design, organize and facilitate the construction of an inclusive, accessible and fun space, and they need your help!

If you are passionate and willing to volunteer your support, or just want to learn more, a **meeting will be held on May 9th at 8 pm** at the community centre.

We are specifically looking for people to help with finding local contractors to support the project, organizers for fundraisers and help cultivating corporate sponsors/grants.

Important dates in May:

- May 3 - Welcome to Kindergarten event, 1 - 2 pm
- May 9 - Playground Meeting at Riverbend Community Centre 8 pm
- May 15 - School Council Meeting 6:30 pm
- May 17 - Non-instruction day - No Classes
- May 20 - Victoria Day - No Classes

Don't forget to like and follow us on Facebook @ [riverbendraccoons](https://www.facebook.com/riverbendraccoons) for information, reminders and updates!

Little Steps Before & After School Care

May showers and flowers!

May is National Physical Fitness and Sports Month! We will be focused on healthy living and nutrition. The first week of May is Teacher Appreciation! Little Steps will recognize all the hard work our Childcare professionals put in for the children. Mother's Day is coming, and our Little Steppers are creating something special...

We are going to look at Cinco de Mayo and the Mexican culture. Our themes this month include Flowers, birds and insects, Mother's Day, Nutrition and Fitness. Our country of focus is the Ukraine and our virtue of the month is acceptance.

Preschool

May brings such exciting and fun times and we start to venture outside more and more. We will be looking at Community Helpers this month and have a few visitors coming in to see us. We will celebrate Mother's Day in

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style with a Teddy Bear Picnic and we look forward to some fun field trips. Registration is still open. Please visit us at www.littlestepspreschool.net for details.

UPDATED Babysitter List

Please email communications@riverbendcommunity.ca to submit or remove names so that we have the most up to date list possible.

Name	Phone	Red Cross	Babysitting Course
Bo B	403-248-9441	Yes	Yes
Jo Dane B	403-248-9441		Yes
Jayden O	403-207-6743		
Ryan M	403-203-7010		
Shayna D	403-203-7010		
Nolan K	587-353-7438		
Danielle N	4033-472-1515		Yes
Tristien C	403-830-1141		
Jennifer N	403-569-0754	Yes	
Iliana C	587-899-5852	Yes	Yes
Paige D	403-720-0310		Yes
Elyse N	403-203-4454		Yes

ARE YOU 12 OR OLDER and would like to put your name on our list to be called for babysitting jobs in the Riverbend community? OR are you a parent looking for a qualified babysitter in our community? Contact the Riverbend Community Association to submit or remove the names of babysitters at: communications@riverbendcommunity.ca *Please note: Babysitters must have parental consent before they can be placed on the list. RCA accepts no responsibility as a regulatory body, nor does the Association endorse or screen any of those listed or who use the service.



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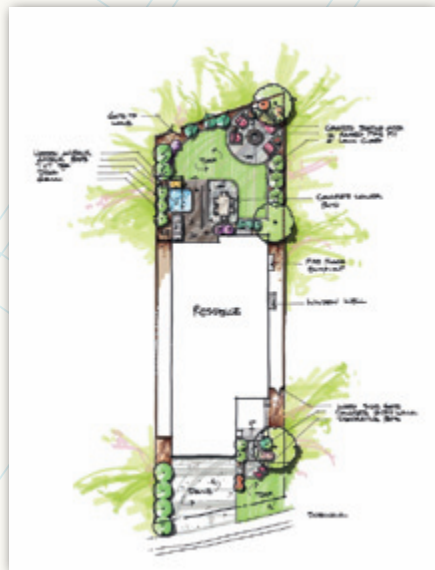
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Help us find a cover photo!

If chosen, you will have **bragging rights** as your photo will appear on the cover and will be credited with your name

We are looking for high resolution (min 300dpi) photos of Riverbend community for the following themes:

- spring
- summer
- fall
- early winter/ Remembrance Day
- holiday season
- winter

Photos can be of scenery, nature, animals, activities. Any photos featuring closeups of people will require a signed photo release consent (contact us for a form)

Email submissions to
communications@riverbendcommunity.ca

Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca



Riverbend Crime Statistics

2019	January	February	March
Assault (Non-domestic)			1
Commercial Robbery	1		
Street Robbery			
Violence 'Other' (Non-domestic)	1		
Residential Break & Enter			1
Commercial Break & Enter			
Theft OF Vehicle	3	1	1
Theft FROM Vehicle	4	2	2
Social Disorder	14	17	4
Physical Disorder	4		10
Total	27	20	19

Please make sure to report all crimes. Police cannot assign additional resources to our area without observing any increases in crimes reported. Crimes can be easily reported online without the need of waiting on hold for extended periods of time at: <http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>. Alternatively call the non-emergency line at 403-266-1234. All crimes that are in progress should be reported by calling 911.



May in Fish Creek

Every Brick Tells a Story

Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit www.friendsoffishcreek.org/brick

Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators

Thursday, May 16, 2019 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park
Presented by Catherine Dowdell of cath-earth-sis Services Inc.

Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. www.friendsoffishcreek.org/event/may

Capture Nature Photo Contest runs May 1 to July 31

Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year,

the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement <https://friendsoffishcreek.org/programs/capturenature/>

Good Grief: Nature Walking Through Grief and Loss

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Grief is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. www.friendsoffishcreek.org/programs/wellness-clinics

Creekefest – Your Local Park's Day Event!

Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park

Creekefest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekefest for the first time this year! For more information stay tuned to www.friendsoffishcreek.org/event/creekefest

The Amazing Step Up 4 Calgary Kids Race

Presented by CIBC, NSTEP (Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek

Saturday, June 1, Hull's Wood, Fish Creek Provincial Park

This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit www.events.runningroom.com

Storm Drains in Your Community

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

Keep your storm drains free and clear of snow and debris

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Homeowner responsibility

Your property's drainage systems (eavestroughs, downspouts, lot grading, landscaping) interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage By-law, the Drainage Bylaw and Community Standards Bylaw:

- Maintaining positive drainage on your lot – away from structures without adverse effect to neighbours or public property.
- Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

Protecting your Home

- There are many ways you can ensure your home is resilient during storm events:
- Conduct regular maintenance and clear debris in eavestroughs and downspouts.
- Ensure downspouts discharge a minimum of 2 metres from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.
- Keep any grassed or concrete swales on your property free from debris, ice or obstructions.
- Regularly inspect grading around your foundation and fill any settling or depressions.
- Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit calgary.ca/stormdrains for links to more information.



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- ring sizing starting at \$35
- chain repair \$20

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

Volunteering
is good for the soul



**Councillor, Ward 12
Shane Keating**

☎ 403-268-1698

✉ CAWard12@calgary.ca

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May is here which hopefully means we have a lot of warm and sunny days ahead of us. Street sweeping is underway so be sure to keep an eye out for parking restrictions. Additionally, the City will be continuing to work on pothole repair through the summer. If you come across one, the easiest way to report it is to snap a picture on the 311 app. With over 16,000 km of paved road, the City needs your help to know where repairs are needed. Here's what else is going on:

Rainy Season is Coming

May is typically the start of the rainy season in Calgary. Protect your home by ensuring downspout are moving water away from your home and that your eavestroughs are clean. Ward 12 communities have been built with devices that control how fast water drains into the system. During heavy rainfalls, water may pool on the road until the system can accept the extra water. These are called Trap Lows and are actually designed to act this way. If the pooled water is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Apply for Greenspace for Neighbour Day by May 24

Neighbour Day is on Saturday, June 15 and is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. The City will be waiving its greenspace booking fees for approved Neighbour Day events, but you must apply before May 24! Check out calgary.ca/NeighbourDay for lots of ideas for your event and how to plan it.

Summer Events

There are a huge number of events happening in Calgary through the summer. Thinking about a renovation? Building a deck? The City will be hosting a number of free information sessions with City inspectors and bylaw experts on hand to help you get started. Check out calgary.ca/pdevents for a session near you.

There will also be a ton of recreation programs for kids and adults alike throughout the summer. You can take a look at what's available and sign up at calgary.ca/register. For the skateboarders out there, the City will have temporary skateparks at various locations through the summer. Locations and dates are available at calgary.ca/skateparks.

For the most up to date information with what's going on at City Council and to contact me directly, keep an eye on my website at www.shanekeating.ca.

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7	1	8	2	5	6	9	4	3
3	5	6	7	9	4	2	1	8
4	2	9	1	3	8	5	6	7
8	3	4	5	7	9	1	2	6
6	9	2	8	4	1	3	7	5
5	7	1	3	6	2	4	8	9
9	8	7	4	2	3	6	5	1
1	4	3	6	8	5	7	9	2
2	6	5	9	1	7	8	3	4

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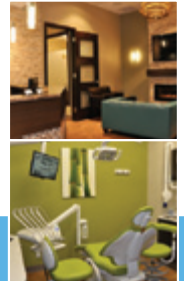
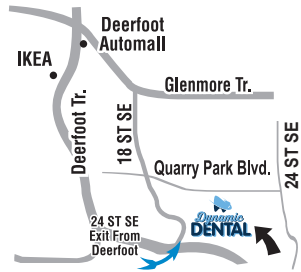
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